

How to cure insomnia for pregnant women in the last 3 months

The third trimester is often the most difficult time to sleep during pregnancy. Here are some ways to treat insomnia in the third trimester.

The third trimester is often the most difficult time of pregnancy to sleep. Many women wake up at night and then have difficulty staying awake during the day.



If you usually sleep 8 hours, you may need 10 hours during pregnancy to feel rested. But if you are too busy to sleep 10 hours, try to sleep 8 hours at night and nap during the day. Here are **some causes of insomnia and how to overcome it during the third trimester of pregnancy** .

Painful

Backaches and muscle aches are common side effects of pregnancy. The ligaments around your pelvis soften and your joints loosen during the third trimester as your body prepares for childbirth. This can cause back pain.

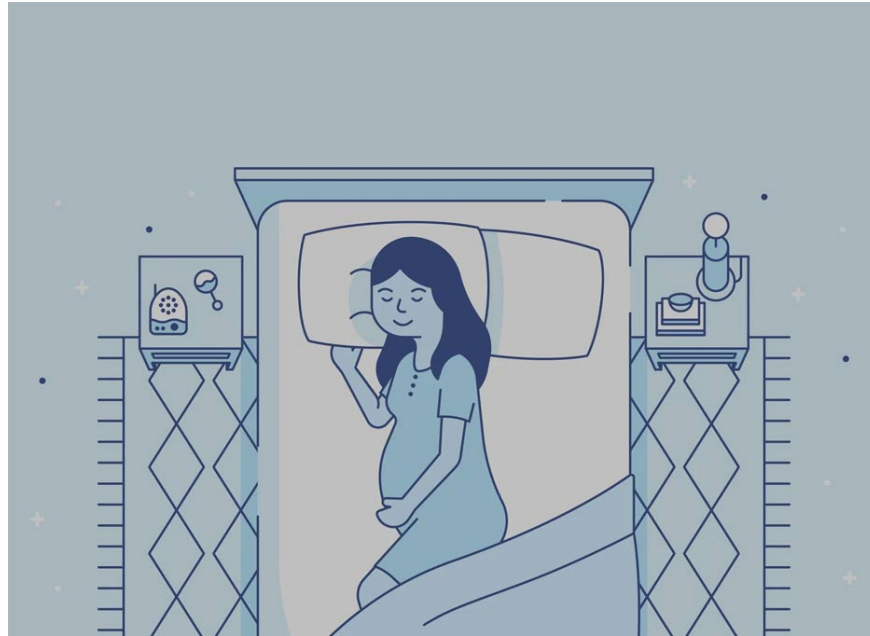
Being overweight can also affect your posture and lead to pain that keeps you up at night. To relieve pain, you can try:

1. Stand and sit up straight, and maintain good posture.
2. Wear low-heeled shoes with good walking support.
3. Lift objects with your legs, not your back.
4. Sleep on your side.
5. Use a hot pack, ice pack, or back massage.
6. Do light exercise.

Snoring

As the belly grows, the uterus presses against the diaphragm. This causes some women to snore. Additionally, about three in 10 pregnant women begin to snore due to nasal congestion caused by swollen veins in the nose.

Snoring, on the other hand, is linked to high blood pressure. In severe cases, you may have sleep apnea, which is when you stop breathing for short periods of time. This can affect the health of both mother and baby. So talk to your doctor if you snore. They may want to check your urine protein levels and your blood pressure.



leg pain

About 15% of women experience restless legs syndrome (RLS) during pregnancy. Your calves, feet, or upper thighs may feel uncomfortable, making you want to move or shake them. RLS can wake you up several times during the night. A lack of iron in your diet may be a cause.

Leg cramps are another common complaint in the third stage. Some doctors believe they stem from too much phosphorus and not enough calcium in the blood.

Stay away from carbonated drinks. Straighten your legs and flex your feet to relieve cramps. Try this before bed. If you have restless legs, ask your doctor if you need to have your iron levels checked.

Belly size

A woman's body is at its largest during the last trimester. Sleeping on your left side can help you get a more comfortable night's rest. It also directs blood flow to your baby, uterus, and kidneys. A pregnancy pillow, designed to fit the shape of your body during pregnancy, can help.

Heartburn

You may experience heartburn at night during your third trimester. Eat smaller meals and chew your food more slowly to help prevent heartburn. Avoid carbonated drinks and fatty, spicy, and acidic foods that cause heartburn.



Frequent urination

Your growing baby puts a lot of pressure on your bladder. You may need to go to the bathroom more often at night. Cut down on your fluid intake in the afternoon. Lean forward when you go to the bathroom to empty your bladder completely.

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